

2023 Annual Report

Connecticut Valley Addiction Recovery Inc

Jan 11, 2024

Connecticut Valley Addiction Recovery (CVAR) is organized exclusively for charitable, scientific, and educational purposes. CVAR's mission is to provide evaluation and comprehensive treatment for opioid, and other substance use disorders and related conditions by providing medication treatment, counseling, nursing intervention, and case management available to all; regardless of ability to pay.

Board of Directors:

C. Frederick Lord, MD, FASAM *CEO/Chair*
Barbara L. Welch ASBA, BMS, *Executive Director*
Kent Bridges MBA *Elliot, ME*
Timothy Coakley *Boston, MA*
Michelle Greene AAP *Grantham, NH*
Lawrence Jenkyn MD *Hanover, NH*
Richard Marasa MD, FACEP, FASAM *Springfield, VT*
Justin Rampino *Keene, NH*
Earle Rugg Esq, *Ogunquit, ME*

Professional Staff:

C. Frederick Lord, MD, FASAM *Medical Director*
Karen Lavoie MSN, APRN, FNP (BC)
Mark Logan MD
Rebecca Yukica DO
Peter Deutsch MA, CMHC, LADC
Anne Marie Kelly MA, LICSW
Megan Gaudette MSW
Candace Powers, MA, LCMHC, LADC
Heather Janos ASN, RN

Administrative/Support Staff

Amy Vickers *Front Desk/reception/Adm. Asst., Windsor office*
Kelly Chesley- *Medical Assistant, Radeus Labs collector*
Rebecca King- *reception White River Junction*
Zachary Wysk- *Radeus Labs Collector*
Cody Dziegelewski, BA *Laboratory Technician*

From the Directors' desk:

As was the case the year before, the year 2023 continued to present CVAR with a host of challenges: Clinical, administrative, and financial. We are fortunate in having a staff that is highly capable in their fields, and dedicated to the patients we serve, and by extension, supporting and growing this organization.

Opioid use continues to result in an alarming number of overdose deaths and other medical and mental health complications. Stimulant use is rising, and alcohol continues to be an issue that somehow flies under the radar despite the cost in terms health, productivity, and personal and societal consequences. The landscape of addiction treatment has changed dramatically in the last ten years. Keeping up requires constant re-evaluation of our treatment philosophy, our treatment program, and the services we provide to best meet the needs of our patients.

We are fortunate to have staff members that are dedicated to providing the highest quality of care possible. The lengths to which our staff routinely go to assist our clients in meeting their needs and facing their challenges is extraordinary, and I am proud, of their efforts on a daily basis. Although there have been some staffing changes in the last year, we were fortunate to find highly competent people without a discernable gap in continuity of care. We continue to offer prompt contact with new clients. Our relationship with emergency services, especially Mt. Ascutney Hospital provides prompt contact with individuals seeking treatment for alcohol and opioid withdrawal.

CVAR is committed to expanding the substance use disorder treatment. Students in the Franklin Pierce University Master of Physician Assistant Studies program come for 5-week rotations in addiction medicine. We are now in our 4th year of affiliation with that program. Two Addiction Psychiatry Fellows from the Dartmouth Addiction Psychiatry program also attend clinic a day a week during an 8-week period for a community experience outside of the academic milieu. We are presently finalizing a relationship with the Dartmouth Primary Care Internal Medicine program where a senior resident will attend clinic and see patients with one of our staff as preceptors. We hope to start this in September 2024. In addition to training medical providers, CVAR is a preceptor site for the University of New England Master of Social Work program. One of our therapists recently completed her MSW degree and is working on her hours to qualify for her licensed drug and alcohol counselor credential. Antioch University is pursuing a preceptor relationship with CVAR for their mental health counseling students,

In addition to pursuing government and private foundation grants, CVAR has completed the application process for "Preferred Provider Status" with the Vermont Department of Substance Use. This designation will provide augmented reimbursement for our Medicaid services, allow us to develop programs to augment our services, and access to grant programs to offset the cost of providing care to the un- and under insured. We continue to develop our program of assistance, to better fulfill our mission. We are very grateful to our benefactors, including foundations and individuals who provide support for our programs.

In all, the staff, board of directors and administrators are committed to sustaining the ongoing mission of the organization, by providing treatment and support to a population that is often

underserved, marginalized, and stigmatized. We are committed to helping our clients regain their health, lives, and dignity in the face of a disease that seeks to take those things away.

CVAR Statistics for 2023

- ❖ 364 unique patients served from 83 different communities spanning both sides of the CT River:
 - VT- Windsor, Windham, Rutland and Orange Counties
 - NH- Grafton, Sullivan, Cheshire and Merrimack Counties
- ❖ 9012 unique patient visits of which:
 - 2816 medical provider
 - 2016 Counseling (30, 45, and 60 min)
 - 153 unique new patient visits (medical and counseling);
 - 24 re-admissions;
 - 348 group therapy encounters;
 - 341 telemedicine encounters;
- ❖ Free and uncompensated care- \$ 36, 379 (Covered in part by Un/under insured fund, funded by directed donations)

Accomplishments:

CVAR completed the third and final year of the Rural Community Opioid Response Program (RCORP) Grant. As a result of grant participation, activities that CVAR continues with include:

- Community Involvement- CVAR continues to participate in the work of the Windsor County Substance Use Disorder Collaborative, meeting monthly to share resources, education and participate in prevention programs, facilitating access to treatment and addressing the stigma around substance use disorders.
- Unwanted Drug Disposal- CVAR provides mailers for the disposal of unwanted or outdated drugs as well as disposal bags that inactivate medications through a safe chemical process to permit them to be safely disposed of in the trash. Twelve (12) mailers and 4 Detera disposal bags were provided in 2023.
- Distribution of harm reduction/overdose prevention kits including naloxone (NARCAN) atomizers along with education regarding overdose prevention and response. CVAR distributed 150 of these kits in 2023.
- In cooperation with Mt. Ascutney Hospital Emergency Department, CVAR provides rapid access to treatment for patients evaluated in the MAH ED for opioid and alcohol use disorder. In most cases, patients are seen within 24 hours of referral.
- Case management: With support from the VT Blueprint for Health, case management services provided assistance with transportation, housing issues, employment issues, food insecurity, and referral for medical and dental services including assisting patients with the increasingly difficult task of finding a primary care provider.

Education:

- Dr. Lord, Medical Director continues to be asked to present lectures on treatment of substance use and related disorders to hospital groups, CME programs sponsored by Vermont Department of Substance Use and Dartmouth Medical School.
- CVAR is a preceptor site for
 - Franklin Pierce University Master of Physician Assistant Studies Program students
 - Dartmouth Medical School Addiction Psychiatry Fellows.
 - Antioch University master's degree in counseling program (starting in 2024) supervised by Peter Deutsch MA, CMHC, LADC
 - University of New England Master of Social Work Program
- Community Support
 - CVAR participated in the second annual Windsor Overdose Awareness and Remembrance event in August 2023
 - In cooperation with the Overdose Awareness Day Committee, CVAR Continues to support a monthly "overdose awareness and grief support" group for families and friends affected by loss of a loved one to overdose.

Un/Underinsured Fund:

In keeping with the mission of CVAR that included treatment of all individuals seeking help for substance use disorders, regardless of the ability to pay, the fund established to assist patients who are either un-insured, or have insurance with large deductibles and co-payments that represent a barrier to treatment. Funding was supplied by directed donations. As noted, nearly \$37,000 in subsidized care was provided:

Number of patients receiving aid: **245**

Average amount of aid: \$148.50

Range of award- \$50 to \$400.

Staff Notes:

- **New Staff:**
- Heather Janos, RN- joined CVAR in the role of case manager/" spoke nurse", supported by the Vermont Blueprint for Health program
- Anne Marie Kelley MA, LICSW joined CVAR in April as a therapist
- Candace Powers, MS, LCMHC, LADC- Candace is a long-time presence in the substance use treatment community in the Upper Valley. She joined CVAR after the closure of Bradford Psychiatric Associates.
- Cody Dziegelewski BA joined the practice as laboratory technician

Staff Accomplishments:

- C. Frederick Lord MD, FASAM:
 - Serves as president for the Northern New England Chapter of the American Society of Addiction Medicine.
 - Appointed Affiliated Faculty in the Franklin Pierce University Master of Physician Assistant Studies program.
- Barbara Welch ASBA, BMS:
 - Completed the certificate program in Financial Success for Nonprofits through Cornell University.
- Board of Directors:
 - Mr. Kent Bridges of Eliot Maine accepted the invitation to join CVAR's board at the recommendation of Board Member Earle Rugg. Mr. Bridges is an independent business consultant with a long history of business leadership and fundraising experience. He holds a bachelor's degree from Norwich University and an MBA from George Mason University.
 - Michelle Greene was named Clinic Director of the Comprehensive Treatment Center (formerly Habit OpCo) in West Lebanon, NH

Donors:

Individual:

- Richard Marasa MD
- Timothy Coakley
- Earle Rugg Esq.
- C. Frederick Lord MD
- Michelle Greene
- Leif and Alyssa Olson
- Katy Sawyer
- Jim Coughlin
- Fran Spechts

Corporate/Foundations:

- The Byrne Foundation
- The Hoehl Family Foundation
- The Peter and Jane McLaughlin Charitable Trust
- Ben and Jerry's Foundation
- Hypertherm/Hope Foundation
- CVS
- Demoulas's Market Basket, Claremont NH